THE Plan:

Nutrition Guide

1. You can eat Unlimited CLEAN Vegetables – NO POTATOES, NO CORN, LIMIT sweet potatoes.
2. You can have 1 serving of fruit a day – BEST choices: Berries, grapefruit, apples
3. Eat 2 -3 LEAN proteins a day – protein is the size of your palm: Organic Turkey, Chicken, eggs or egg whites, light Tuna (but not too often as it is high in mercury), wild salmon, any fish, organic 1% cottage cheese, ricotta cheese, beans, NO processed sliced meats.
4. Use anti-inflammatory herbs when cooking; turmeric (with black pepper), rosemary, ginger, garlic, cinnamon, oregano, basil,
5. You can prepare, salad dressings, either pesto, green pea hummus, guacamole ahead of time and keep in the refrigerator
6. Always add some bitter greens to your salads; radicchio, arugula, dandelion greens, mustard greens, rapini etc. it is good for digestion, helps curb cravings and helpful for the liver.
7. NO NO NO NO Sugar, bread, rice, pasta, candy, alcohol, cheese, oatmeal, crackers, cereal.
8. Include healthy fats such as 1/3 avocado in salad, walnuts or almonds and pumpkin seeds for snacks, flax oil or ground flaxseeds, hempseeds or chia in smoothies.
9. Make sure to drink enough filtered water throughout the day!
10. Go shopping and get prepared!! Clear out your trigger foods. Be prepared or prepare to fail.

Soup is an AWESOME way to fill you up and super healthy. Make the one below OR buy a low sodium vegetable soup and add 1 full bag of frozen mixed vegetables. Just put the frozen vegetables in a strainer under hot water and then throw into soup. Heat and EAT! (I also add jalapeño’s to my soup!)

SOUP RECIPE:

• 1-2 cans of stewed tomatoes
• 3 plus large green onions
• Low sodium vegetable broth (no fat)
• 2 cans green beans
• 2 lbs. Carrot
• 2 Green Peppers
• 1 bunch of celery
• Other vegetables such as cauliflower, squash, black beans – Fresh or frozen veggies

Season with: salt, pepper, curry, parsley, bouillon, chili peppers, herbs or Worcestershire sauce. Cut veggies in small to medium pieces. Cover with water. Boil fast for 10 minutes. Reduce to simmer and continue to cook until veggies are tender or crunchier if you prefer.

This soup can be eaten anytime you are hungry during the week.

Eat as much as you want.
Suggestions to Get the Results you desire

• RECORD everything you EAT!! Studies show you are 2x as likely to achieve your goals if you write them down! Use www.loseit.com sign up now, it’s FREE or App Lose it. On Blackberry App – MyFitnessPal.

• ALWAYS have the right snacks/ food on hand – You must know what you are going to eat for the day. Never “rummage around for food”.

• Only eat when hungry! 99% of why we have extra weight is because of extra food. Beware of mindless snacking!!

• If you know you are a night eater – you should have calories left over for your HEALTHY evening snack! When hungry – drink 1-2 large glasses of water first

• REDUCE/eliminate your sugar and get GREAT results!

• You are either burning or storing fat. The second you introduce sugar - your body starts to store fat.

• Read your labels – 4grams of sugar = 1 sugar cube 1 small Activia Yogurt -80 calories and 13 g of sugar this is 3+ sugar cubes in 1 small serving, 1/3 cup craisins has 26 grams of sugar – 6 ½ cubes of sugar!

• Sugar and refined carbohydrates are EASILY stored as fat in your body. It is much harder for your body to convert protein or vegetables into fat. Protein and Vegetables MUST always be your first choice for energy intake. Fruit is kept to a minimum. Unless you are about to exercise – eating sugar will most likely end up as extra fat on your body.

Drink all the water you can. Have coconut water (make sure it doesn’t have added sugar) Tea, coffee, almond milk, organic skim or 1% milk is allowed. Add lemon, lime, orange, cucumber slices to tap or sparkling water. Watch sodium in sparkling water if you are sensitive.

DIPS and SAUCES!

• Antipasto
• Hummus
• Salsa
• Green pea hummus
• Low fat cilantro or basil pesto
• Tahini and parsley dip

Calories count. Set your calorie needs according to your weight loss goal.
Suggestions to Get the Results you desire (continued)

- Know your salt sensitivity. Too much salt will cause water retention and bloating.
- Know what gets your body moving – REGULAR ELIMINATION A MUST
  Whether it’s more water, magnesium, probiotics or just a tbsp. of ground flax in water - do it.
- PLAN FOR Leftovers – always make more than you need: extra chicken, turkey, soup, veggies!!! This makes it easy for the following day’s food intake.
- KEEP it Simple!! It is ok to eat the same breakfast or lunch or even dinner every day, have a few favourites that you rotate through.
- Did I already say NO ALCOHOL - It will SABOTAGE your diet and weight loss. Alcoholic drinks are more than just calories. When you have alcohol in your body you immediately become a fat storing machine rather than fat burning machine. Alcohol is a preferred choice of energy use for the body – so any other food source in your body is stored as fat!

SNACKS

- Grapefruit or apple– before workout
- Unlimited raw vegetables (you can lightly steam broccoli or cauliflower for easier digestion)
- Greek Yogurt with 1 tbsp of ground flaxseeds or chia
- Celery with organic peanut butter or almond butter
- 1 cup organic edamame steamed, add fresh lemon or lime juice and a little sea salt
- 20 almonds
- Hard boiled egg (if you haven’t had an egg for breakfast)
- Eat orange and red peppers like apples
- Popcorn – No Microwave packages
- Green vegetable juice from Juice place or homemade
- Raw unsalted Sunflower, pumpkin seeds, peanuts in shell
- Snap peas, cauliflower, carrots, celery, baby cucumbers, humus, or spicy yogurt – 1 dip per veggie or dip every other veggie.
- CUT and prepare all your veggies!
- Green TEA
- No sugar chocolate chia pudding
- Kimchi- so healthy
- Roasted Chickpeas*
- Homemade Chia drink

*Chickpea snack – take can of chickpeas and rinse and dry with paper towels. Roast at 375 degrees for 40 minutes and turn off oven and let sit for 1 hour. Sprinkle with salt or curry or hot pepper.
MEAL SUGGESTIONS

**BREAKFAST Choices:**
A: Scrambled eggs - 4 egg whites, 1 egg, 1 cup Chopped veggies – mushrooms, peppers, spinach, etc.
B: Quinoa and chia porridge
C: Coconut yogurt quinoa muffin
D: Protein shake (Sunwarrior Classic Protein powder) – Use only 1 scoop of protein powder, Add berries and 1 tbsp chia, ground flaxseeds, or hempseeds and 1 tbsp of barley grass or Spirulina powder. Use water or coconut water to blend. Can add an apple for extra thickness and fiber.
E: Lemon poppyseed protein square
F: Fresh vegetable juice

**LUNCH/DINNER Choices:**
A: SALAD – Add can of wild salmon, lentils, or quinoa or leftover grilled vegetables or vegetable stew
Add to Green salad, lots of chopped veggies. Try Kimchi or healthy Antipasti for dressing or 1 tbsp. Italian salad dressing, salsa, or tahini with lemon juice, pesto or puree some avocado, cilantro and lime.
B: Vegetable, squash and sweet potato or tomato soup: add 1- 2 cups of chopped veggies
C: Grilled vegetable wrap (use coconut Paleo wraps or green cabbage to wrap)
D: Easy Vegetable stew
Use 1 container of Pacific vegetable stock (low sodium) add vegetables of your choice including cabbage, sweet potato, celery, peppers etc. and cook in vegetable stock until vegetables are soft.
E: Butternut squash and Turkey Chili
1 can kidney Beans
4 oz. ground turkey or wildwood tofu crumbled
½ cup Salsa
Can of tomatoes
Lots of chopped vegetables (fresh or frozen bag)
Spice it up with crushed chili peppers
F: Spaghetti Squash OR TOFU SHIRATAKI noodles
1 cup cooked spaghetti squash
½ cup salsa, homemade pesto or ½ antipasti
Stir fry vegetables: cauliflower, broccoli, mushrooms, peppers etc.
G: Stir Fry
Fresh vegetables or 1- 2 bags frozen mixed
Protein – organic chicken, turkey, wildwood organic tofu baked, lentils or peas
Add any extra vegetable – tomato, celery, carrots, beets, mixed beans, kidney, chickpeas, etc.
Chili peppers or spicy hummus.